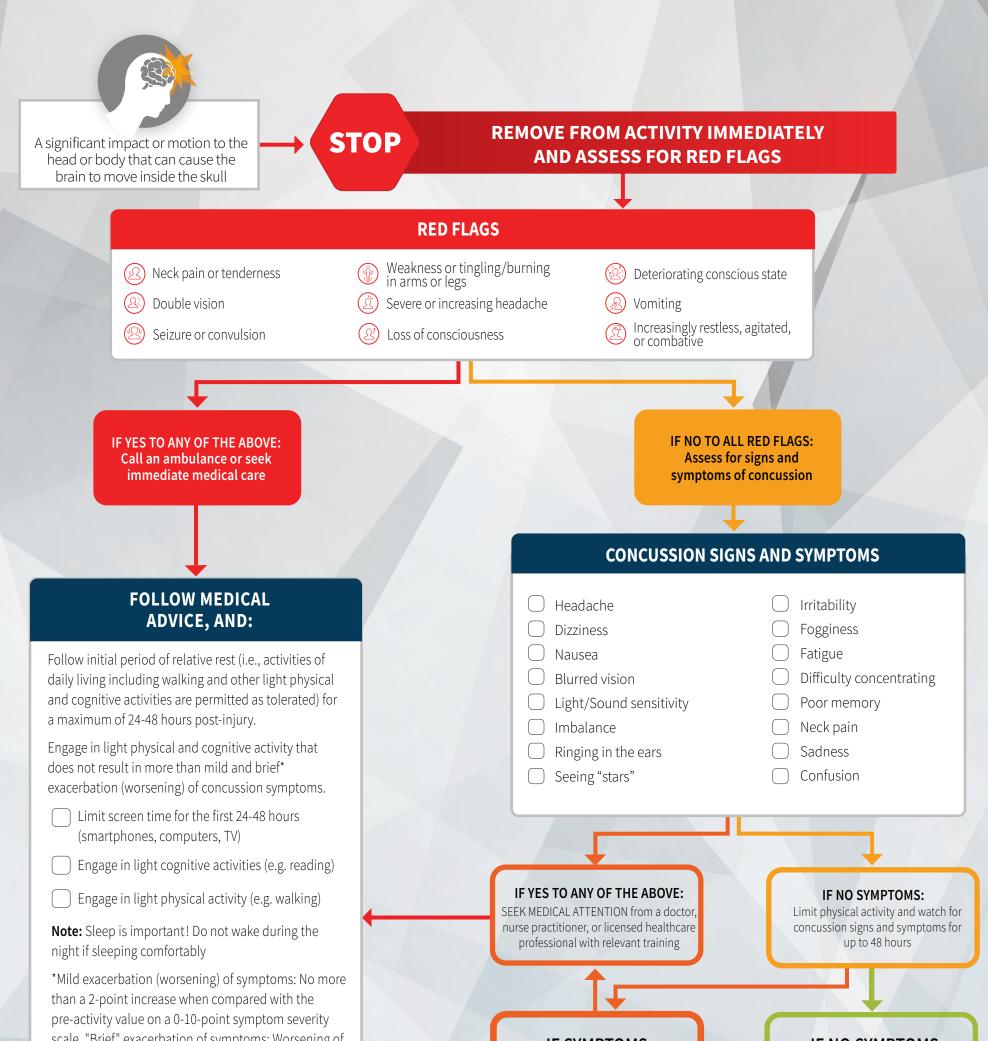
# **Concussion Awareness, Response, and Management**



scale. "Brief" exacerbation of symptoms: Worsening of symptoms for up to 1 hour.

#### **IF SYMPTOMS OBSERVED WITHIN 48 HOURS**

**IF NO SYMPTOMS OBSERVED AFTER 48 HOURS** 

#### **AFTER 48 HOURS:**

Follow Return to Work strategy Follow Return to Activity strategy Follow Return to School strategy Follow Return to Sport strategy

#### **MENTAL HEALTH**

a concussion, seek medical Irri attention for mental health Sad challenges as needed, such as:

tability	C Trouble falling asleep
dness	Depression

### **RESUME NORMAL** ACTIVITY

## For more information on concussions, visit cattonline.com.





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